

● Ettrickbridge and Yarrow

- 19 1/2 m / 31.5 km

Take the riverside path to the left to join Buccleuch Road, as for the green trail, but turn right at the T junction with Yarrow Terrace and cross over the Ettrick Water. Take the second turning on the left 1, just beyond the rugby ground (signposted to Moffat).

Although an A class road, it is fairly quiet and gives pleasant enough cycling on easy grades for the next 2 miles to Bowhill 2. Turn left here off the A708 across the Yarrow Water. This road links the Yarrow and Ettrick Valley roads but, apart from the initial short climb past the entrance to Bowhill House and Country Park, gives easy going.

Cross the Ettrick Water at Carterhaugh (4m) and turn right at the T junction on the far side 3 towards Ettrickbridge. Initially, any ascent is imperceptible but then becomes more noticeable as the road climbs away from the river. The scenery, which has been very sylvan for most of the route so far, starts to give a hint of the open hill country to come.

Continue through Ettrickbridge (7 1/2 m), where the road crosses from the south to the north side of the river (pub). The climbing continues beyond the village for a short distance - take a right turn beyond the summit at Kirkhope 4. From here there is a serious ascent of 550' in 1 1/2 miles. After a gentle start, the road winds its way up a bare hillside, giving good views back over the Ettrick Valley as the summit at Witche Knowe (1188') is approached.

Beyond the summit, a similarly extensive view of the Yarrow Valley opens out. The altitude, so hard won, is soon lost on the steep descent to Yarrow - watch out for a sharp bend about 600 yards beyond the summit. Cross over the Yarrow Water at the bottom of the descent (11m) and turn right immediately onto the A708 towards Selkirk 5.

Leaving Yarrow, the road climbs away from the river, but the next 4 miles down the Yarrow Valley is otherwise very easy going. Beyond Yarrowford and immediately after recrossing the Yarrow, the main road veers left 6 (15m) - continue straight ahead here into Bowhill Estate. There is no signing for the 2 miles or so of trail within the estate, but the route is easy to follow - keep to the main metalled estate road, ignoring all turnings to the right.

Turn left where the estate road meets the public road at the main entrance to Bowhill, recross the Yarrow and turn right immediately to rejoin the A708 and the outward route, for the final leg back to Selkirk (refer to the final paragraph of the green trail description if necessary).

Local Cycling Trails

The starting point for the routes described in this leaflet is the car park at Selkirk Leisure Centre, located west of the town centre on the east bank of the Ettrick Water and accessed off Buccleuch Road.

Four colour coded, signed routes are both described and illustrated on the map overleaf. The routes use quiet roads and paths wherever possible, but the use of some A class roads is unavoidable. However, the roads mainly involved, the A707 and A708, could hardly be described as busy and most cyclists should be quite happy using them.

While the shorter trails (orange and green) are relatively flat, the two longer trails (magenta and yellow) are hilly - the topography dictates that this will be the case - but there is a reward in the form of many fine views and exhilarating downhill runs.

The trails are described in one direction only - there is, of course no reason why they should not be tackled in the opposite directions to those recommended, but this must be done without the benefit of signing (the green route is the one exception - please refer to the relevant text).



The production of this publication cost 13p per unit.
Designed by Scottish Borders Council Graphic Design Section.
Printed in the Scottish Borders. Cover Photograph by Bill Jamieson.



Local Cycling Trails

The Scottish Borders
Scotland's leading short break destination

All trails - All the trails start on the west side of the leisure centre car park, where there is direct access onto the riverside path.

● Bowhill - 7 m / 11.5 km

Turn left out of the car park onto the riverside path. Initially flat, the path soon climbs steeply up to Buccleuch Road (it may be necessary to get off and push). Turn right onto Buccleuch Road, then left, uphill, into Yarrow Terrace. Take the first turning on the right, Ettrick Road 1.

The climbing continues until just beyond the edge of the town, followed by a gradual descent into the Ettrick Valley. The going is then easy as far as Oakwood Mill from where there is a stiff climb of about 1/4 mile. Ignore a turning on the left just beyond the end of the climb and continue along a mildly undulating stretch before dropping sharply down to the Ettrick Water at Carterhaugh Bridge 2 (3 m).

Turn right over the bridge. The next 1 1/2 mile stretch is very pleasant and mostly flat, with only a short climb at the far end near the entrance to Bowhill House and Country Park (on the left) and then a short drop over the Yarrow Water to a T junction with the A708 3.

Turn right towards Selkirk, following an estate wall on the left and the Yarrow Water on the right. This section is wooded on both sides to start with, but it becomes more open on the right once the Yarrow Water diverges from the road. Nearing the town, ignore a turning on the left, then turn right at the following T junction. Turn left, immediately after crossing the Ettrick Water, into Buccleuch Road and follow the outward route back to the leisure centre car park.

Although the views are not as good in the opposite direction, the route is easy to follow, using yellow trail signing as far as Carterhaugh 3, where a left turn should be taken back towards Selkirk. On re-entering the town, magenta trail signing will take you back to the starting point.

Bowhill Estate

Sitting astride the Ettrick and Yarrow Waters, Bowhill estate, owned by the Duke of Buccleuch KT, is centred around Bowhill House.

Miles of tracks and woodland trails across Bowhill offer great riding for all abilities and provide fantastic opportunities to explore the diverse woodland, moorland, rivers and lochs that are contained within the spectacular 43,000 acre estate.

Bowhill Country Park facilities include a visitor centre, shop, toilets and tearoom. Please call the Buccleuch Ranger Service on 01750 722204 for opening times and further information.

● Ettrickfoot and Yair - 8 1/2 m / 14 km

Turn right out of the car park and follow the Ettrick Water downstream on the riverside path. Keep to the path for about 1/4 mile until it joins an industrial estate road. Carry straight on along this road to the civic amenity centre, turning left just before the gates onto a fairly narrow path. This path meanders through some trees and then forks 1.

Take the right hand branch which shortly meets a public road. Cross the road and turn right onto the shared use footway. This path bears left and left again within a short distance and then runs parallel to the A7 trunk road for just over a mile to Lindean 2.

Turn left onto what is signed as a cul-de-sac but is actually a through route for cycles. Cross the Ettrick Water and bear right past the entrance to Sunderland Hall. Go through a gate to follow the estate boundary along what was the original A7, bypassed in the 1970s. Just after crossing the River Tweed at Ettrickfoot (2 1/4 m) 3, turn left onto the B7060 road.

Up to this point the going has been very easy, but the next 1/2 mile or so is uphill, albeit not particularly steeply. The gradient eases beyond The Rink and the road eventually levels out high above the Tweed (giving fine views upstream) before dropping rapidly to Yair Bridge (4 1/2 m) 4. Turn left over the bridge (which is traffic light controlled) and left again at the far end.

The A707 road climbs gradually out of the Tweed Valley and winds its way past High Sunderland and Linglie to the outskirts of Selkirk. Entering the town, a housing estate is passed on the left hand side - turn left immediately beyond the estate towards the town centre 5.

Cross the Ettrick Water for the second time on this trail and turn left just over the bridge into Buccleuch Road. A gap in the wall on the left hand side gives access to an initially steep path which leads back to the starting point.



● Midlem and Lilliesleaf - 16 m / 26 km

Take the riverside path to the left to join Buccleuch Road and turn left into Yarrow Terrace as for the green trail, but carry straight on, where the latter turns right, along The Green and West Port to reach Selkirk Market Place, some considerable elevation above the starting point. Continue straight on through the Market Place and into the High Street (briefly using the A7). Fork right about 1/4 mile along the High Street / Scott's Place into Shawpark Road 1.

This road descends into a dip by the cemetery before commencing a sustained climb of 1 1/2 miles to the summit on Lindean Moor - the steepest section is at the start of the climb. Turn right at a T junction (3m) 2 not far beyond the summit. Note: It is possible to reach this point by using the orange trail to Lindean 2 and turning right uphill there, but this is an even more unrelenting climb and is not recommended unless you particularly want to avoid cycling through the centre of Selkirk.

From 2 the road undulates, though very much on a downhill trend (passing Lindean Nature Reserve on the right), to a T junction with the A699 a mile away. Turn right and then left at Clarlawmuir towards Midlem. The downhill trend continues through Midlem (with good views to the distant Cheviot Hills) as far as the cross roads at Toftsbarns (6 1/2 m) 3.

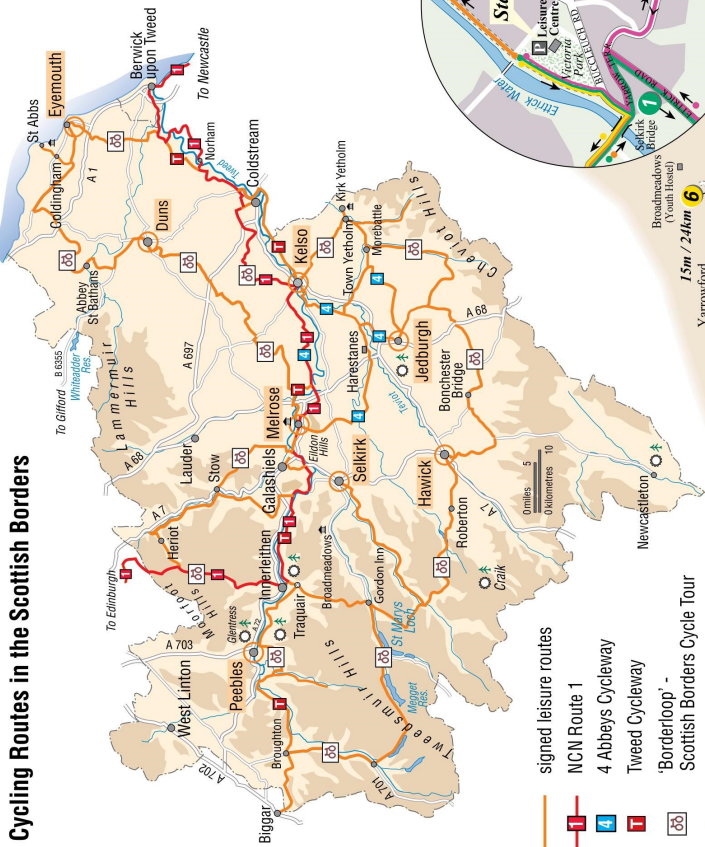
Turn right along a 'No Through Road' which eventually peters out at a cottage - a potentially muddy track bears left here. Leave this by a path on the left (before reaching a ford) and dismount to cross a footbridge. From the far side, a narrow track and then a metalled road lead up to the east end of Lilliesleaf. Turn right through the village (pub) and right again at the west end 4.

Now heading west on the B6400, the first 1 1/2 miles are level before the road starts to climb away from the Ale Water. Turn right at Clerklads (9 3/4 m) 5 for a further 1 1/4 miles of uphill (it's not all as steep as the initial section) - an extensive view to the north-west opens out at the summit.

Descend to meet the A7 near New Greenhill and turn right, using the path on the east side of the trunk road if preferred. Take the first turning off the A7 on the left 6. The ensuing 2 1/2 miles into the Ettrick Valley are mostly downhill, with a sharp bend on the steep final section - care required!

Turn right towards Selkirk at Howden 7 along the B7009. The road climbs gradually away from the river to the outskirts of the town before descending to a T junction with Yarrow Terrace. Turn left downhill and then first right into Buccleuch Road. A gap in the wall on the left hand side gives access to an initially steep path which leads back to the starting point.

Cycling Routes in the Scottish Borders



Local Cycling Trails

- Green route: Bowhill - 7 miles / 11.5 km
 - Orange route: Ettrickfoot and Yair - 8.5 miles / 14 km
 - Magenta route: Midlem and Lilliesleaf - 16 miles / 26 km
 - Yellow route: Ettrickridge and Yarrow - 19.5 miles / 31.5 km
- Colour coded route directions - refer to text overlay for details

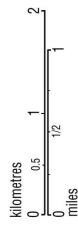
Selkirk

Key to symbols

- Route information:**
- Traffic-free section of route (shared use path)
 - Viewpoint
 - Summit (Height in metres)
 - Gradient/Steep Gradient (arrows point downhill)
 - Caution
 - 3m / 5km
 - Distance from start of route
- Facilities:**
- Picnic site
 - Refreshments
 - Car Parking
 - Visitor information

Other routes:

- National Cycle Network Route 1
- Tweed Cycleway
- 4 Abbeys Cycleway



Local Cycling Trail leaflets are also produced for routes around Duns, Eyemouth, Jedburgh, Hawick, Kelso, Melrose and Peebles.

Map designed and drawn by David Langworth
 Crown copyright. All rights reserved.
 Scottish Borders Council, LA09049L, 2005

